

Emotional Literacy – The Ruler Approach

is:



Recognizing emotions in the face, body and voice;

Understanding the causes and consequences of emotions;

Labeling and

Expressing emotions to communicate precisely and effectively;
and

Regulating emotion to promote personal and academic growth
(the so-called **RULER** skills).

<http://therulerapproach.org/index.php/may-2013-train-the-trainer-the-anchors-of-emotional-literacy/>